

Next deadline 31st August 2021 EMAIL: stamfordhamcommunicator@gmail.com

This publication is mainly available in digital format. If you know of anyone who would like a paper copy, please email their name and address to:
stamfordhamcommunicator@gmail.com

Many thanks to the two anonymous donors who have contributed towards the printed copies of the Stamfordham Communicator—much appreciated.

AUGUST

Friday 6th August—Frosts Fish and Chips

Tuesday 17th August—Walking Group—see below

Tuesday 17th August—Yoga and Mindfulness taser session—see page 3

Monday 30th August—Car Show—Stamfordham Playing Field

Flexible childcare / nanny needed

Due to our work commitments, we are looking for paid help two days a week with school pick-ups from Stamfordham Primary School, a bit of play and children's supper (at our home). Usually 3pm - 6.30pm though, ideally, there may be the odd later evening or additional help with babysitting from time to time, subject to your availability.

Our wonderful children are a girl aged 4 and a boy aged 2, both are well behaved and accustomed to childcare.

Open to applications from any age (including retired) or gender, with or without childcare qualifications but must be good with children and supply a DBS check on request.

If you're interested and like children, please contact Frances Cameron on: 07814095202

POP UP CAFÉ

is no longer operating

Thank you to all those who supported this venture.

!!Watch out for future events!!

Stamfordham Walking Group 

August's walk will be on a selection of local footpaths in a figure of eight to give those who would like a shorter walk the chance to return early.

Date: **Tuesday 17th August**

Meet: 1pm at the Stone Cross on Stamfordham Green.

If you would like to join me, please email or phone – sally.hutt64@gmail.com or 01661 886442

Sally Hutt

Making Music in Stamfordham

WEDNESDAY 18TH AUGUST

TIME: 8PM

LOCATION: TO BE CONFIRMED

Any instrument (including voice)

Any abilities welcome.

Come and enjoy making music in a relaxed and friendly atmosphere. We are open to any suggestions of types of music to play just bring along yourself and/or your musical instrument. Join in what you can. Music will be available for those that can read music.

**Organised by
Sally Hutt**

Contact Sally for more information on 01661 886442 or sally.hutt64@gmail.com



THE POST OFFICE— THURSDAYS 11.30AM—1.30PM

Please note the following rules when visiting the Post Office.

- Wear a mask the whole time you're in the hall
- Use the MAIN entrance
- Sanitise your hands on entering – sanitiser dispenser is on the wall in the entrance lobby
- Walk across the hall and go to the West Room
- Use Post Office
- Leave by the West Room entrance

All services you would normally find available at a full time Post Office will be provided.

Cash withdrawals can be made from most bank accounts.

FOR SALE

- Gents Ridgeback bicycle, Shimano gears, excellent condition 24inch
- Weber charcoal barbecue
- Car seats for small children

All offers considered, tel. 01661 886343

**YOGA & MINDFULNESS
TASTER SESSIONS**

TUESDAY 17TH AUGUST

STAMFORDHAM VILLAGE HALL

YOGA: 7 - 8PM
MINDFULNESS: 8.15 - 9PM

£8 EACH/ £10 FOR BOTH

E-mail:
dharmanandayoga@yahoo.com

dharmananda.yoga





Hello, I'm Dharma, a Yoga & Mindfulness Teacher who has just moved to Wallridge. I'm delighted to run two taster sessions – one for Mindfulness and one for Yoga – at Stamfordham Village Hall on Tuesday 17th August.

Each class will be perfect for anyone over 18 who wants to give Yoga or Mindfulness a try for the first time or returners wanting to get back to a regular class post-lockdown. They will be offered in a Covid-secure environment, with plenty of spacing and ventilation, following all Government guidelines as well as guidelines by each venue.

I am registered with and fully insured through Yoga Alliance Professionals.

WHAT IS YOGA? WHAT IS MINDFULNESS?

The NHS website describes Yoga as 'an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.' ([A guide to yoga - NHS \(www.nhs.uk\)](http://www.nhs.uk)) The Yoga I teach is a gentle and mindful practice involving both 'yin' style asanas (where you hold a posture for a few breaths) and kriyas (where you move from one posture to another). Each session includes a guided meditation and relaxation to ensure you leave feeling refreshed and rejuvenated.

Mindfulness is described by the NHS website as 'paying more attention to the present moment – to your own thoughts and feelings, and to the world around you.' ([Mindfulness - NHS \(www.nhs.uk\)](http://www.nhs.uk)) Like Yoga it's a wonderful way to bring a sense of balance and calm into our lives, but as it isn't a physical practice per se, it is more accessible and can be practised by just about anyone - you can practise mindfulness in a chair or even lying down.

WHAT DO PARTICIPANTS NEED TO BRING?

All you need is a yoga mat (optional for the mindfulness taster), a bottle of water and a blanket to keep nice and warm during relaxation.

HOW MUCH DOES IT COST?

£8 for one of the taster sessions/ £10 for both.

WHAT NEXT?

E-mail dharmanandayoga@yahoo.com or call/ text 07971 382623 to book/ ask questions.

More details about me, my qualifications and experience at my website: <http://dharmananda.yoga>

Thank you, Dharma

**Virtual Exercise Class
Mondays and Fridays at 10am**

Why not spend some of those lockdown hours doing something beneficial?

Each Monday and Friday 'Karate' Steve runs an exercise class using the Zoom platform, each class lasts about 45 minutes (including a warm up and warm down).

There is no need for any specialist equipment, all you need is a place where you can see your screen whilst lying down! If you're doing the class on a hard floor Steve suggests using a towel or yoga mat.

He has also said that you don't have to be super fit to join this class, just willing to work at improving your fitness.

Each class costs £2.50 is open to both adults and children, will improve your stamina and core strength as well as working your arms and legs.

Why not give it a go...you have nothing to lose (apart maybe from some excess Covid weight!)

Just download the Zoom app from Apple store or Google Play store, install it on your device and you're good to go!

Join Zoom Meeting

<https://us02web.zoom.us/j/7680272536?pwd=Z3pmOFNWSktXK0tTZFNHeXFhMWh6Zz09>

Meeting ID: 768 027 2536 Passcode: karate

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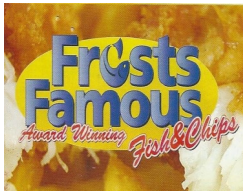
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Stamfordham Parish Council

There are vacancies on the Parish Council so if you are interested, please email your details to

The Clerk, Claire Miller, at
clairemillerparishclerk@hotmail.co.uk



**Frost's Fish and
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Friday 6th August**



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Please also remember that orders should be sent to both Steve Noble (consultsnoble@aol.com – tel. 886223) and Roy Hollis (royanhollis@gmail.com – tel. 886343). You will always receive an acknowledgement from one of us.

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3 kg £5.60	3 kg £6.00

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Teresa Holywell

teresaholywell@hotmail.com

by **FRIDAY 6th August 2021**
for delivery the following week.

WALKING NETBALL

Tuesdays 10.30am—11.30am at Stamfordham Village Hall. Everyone welcome!

Just turn up or contact me for more details.

Gill Blissett, gill.blissett@btinternet.com

Graham Herford

DIY/HANDYMAN

Some garden work undertaken.

If you need help with anything please call.

Small jobs also welcome.

Graham Herford, Fenwick Lodge, Stamfordham, NE18
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01661 886882

07834 608751

Email: graham.herford@btinternet.com

Stay connected to your community

Are you living with sight difficulties and finding it hard to read the local newspaper? Perhaps you know a relative or friend who is visually impaired who might enjoy listening to local news?

The Tynedale Talking Newspaper (TTN) sends out a free audio recording of local news each week, courtesy of the Hexham Courant. Every month there is also a new recording of The Tynedale Talking Magazine or The Northumbrian.

Recordings arrive by post on a USB memory stick which can be listened to on a computer or Smart TV. No computer? No problem. TTN also has easy-to-use audio players to loan out to people who are not on the internet.

To find out more please contact Ed, the Registrar, on 07400 096937 or www.ttnweb.uk or check out Facebook.

TTN is a charity (1034087) run entirely by local volunteers, helping people to stay connected and feel part of the community.

Ponteland u3a

All future meetings and talks will be held at St Mary's Parish Centre, Ponteland on the first Wednesday of each month at 2.00pm (Covid situation permitting).

In spite of the Covid changes on 19th July we will still take all necessary precautions to safeguard our members.

The next two talks will be:

**4th August – Pine Ridge Indian Reservation – South Dakota
by John W Pattinson**

**1st September – The History of Jesmond Old Cemetery
by Ray Hayes**

If you wish to join Ponteland u3a or want further information on what we do please call our membership secretary on 01661 824953

ZUMBA

Matfen Village Hall - THURSDAY evening

6.30PM – 7.30PM

Newton Community Hall - MONDAY & THURSDAY mornings

9.15 AM – 10.15 AM

To new and known members, you will always get a fantastic warm welcome and we will have great fun in the class while getting some cardio and body tone exercises.

Covid is restricting numbers just now, so a booking system is a fair way to ensure your place is reserved. If you would like to book, please CONTACT me on

thompson.clifton@aol.com mobile: 07472 381268

Facebook page: 'Zumba with Clifton'

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Heather Hughes | Director

h.hughes@homeinstead.co.uk |

w: www.homeinstead.co.uk t: 07786 968080

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NE18 0PB

ianphiliplawson@hotmail.co.uk

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31st August 2021

preferably using the SC email address, please.

Gill Blissett



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